

Women & Wellness

Recipes from the Health Ambassador Program



"Boost Your Breakfast" Oatmeal with fruit & pumpkin

4 cups whole oats
2 cups almond milk/soy milk or oat milk (vanilla, unsweetened)
6 cups boiling water
1 teaspoon cinnamon
½ teaspoon nutmeg

½ teaspoon clove
1 can pumpkin (unsweetened)
2 cups diced apples
2 cups diced pears

Garnish: sprinkle nuts and seeds on top of oatmeal

Place all the ingredients in the slow cooker. Cook on low for 2 hours.

You can also prepare this overnight on warm setting.

Start your day off with this delicious power breakfast!